

# A. Training in the Cause of Bodhicitta Not Degenerating in this Life

This has four points: training in

1. Remembering its benefits [becoming a holy field for others, and being thoroughly endowed with the merit of nonharm]
2. Generating it six times [each day]
3. Not mentally abandoning any sentient being
4. Accumulating the collections of merit and wisdom

## B. Training in the Cause of Not Being Separated from Bodhicitta in Future Lives (2 points)

1. Training in abandoning the four nonvirtuous practices that cause it to degenerate:
  - 1) Deceiving one's abbot, master, etc.
  - 2) Causing others to regret their virtuous acts.
  - 3) Saying something uncomplimentary about a person who has entered the Mahayana.
  - 4) Acting with deceit and shiftiness and without a noble intention [being honest, straightforward, and pure].

2. Training in adopting the four virtuous practices that do not allow it to degenerate:
  - 1) Eliminate lying to sentient beings, even for the sake of your life or as a joke.
  - 2) Abide with a noble intention toward all sentient beings, without deceit or shiftiness.
  - 3) Generate the perception of all bodhisattvas as being like the Buddha and praise them.
  - 4) Cause all sentient beings to hold to complete enlightenment.